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1401

DDA Subject

OPM

ROUTING AND TRANSMITTAL SLIP

Date: 29 MARCH 1989

TO: (Name, office symbol, room number, building, Agency/Post)	Initials	Date
1. DIRECTOR OF MEDICAL SERVICES		
2.		
3.		
4.		
5.		

Action	File	Note and Return
Approval	For Clearance	Per Conversation
As Requested	For Correction	Prepare Reply
Circulate	For Your Information	See Me
Comment	Investigate	Signature
Coordination	Justify	

REMARKS

FYI

DO NOT use this form as a RECORD of approvals, concurrences, disposals, clearances, and similar actions

FROM: (Name, org. symbol, Agency/Post) STAT

Room No.—Bldg.

Phone No.

EXA/DDA

EXECUTIVE SECRETARIAT
ROUTING SLIP

TO:		ACTION	INFO	DATE	INITIAL
1	DCI				
2	DDCI				
3	EXDIR				
4	D/ICS				
5	DDI				
6	DDA		X		
7	DDO				
8	DDS&T				
9	Chm/NIC				
10	GC				
11	IG				
12	Compt				
13	D/OCA				
14	D/PAO				
15	D/PERS				
16	D/Ex Staff				
17					
18					
19					
20					
21					
22					
	SUSPENSE		Date		

Remarks

DDA REGISTRY
Logs 12 AR

ER 89-1186

Executive Secretary
28 Mar '89
Date

3637 (10-81)

Logs-12.AR

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ER 89-1186

UNITED STATES
OFFICE OF PERSONNEL MANAGEMENT
WASHINGTON, D.C. 20415

OFFICE OF THE DIRECTOR

March 20, 1989

DDA/REG
LOGGED

MEMORANDUM FOR HEADS OF DEPARTMENTS AND AGENCIES

FROM: CONSTANCE HORNER
DIRECTOR

SUBJECT: National Physical Fitness and Sports Month/Federal Fitness Day

The month of May has been designated as National Physical Fitness and Sports Month by the President's Council on Physical Fitness and Sports (PCPFS). As the Nation's largest employer, the Federal government supports and promotes initiatives to enhance the fitness and health of its employees. Physical fitness contributes not only to workforce productivity and organizational effectiveness but also to improving the health and well-being of Federal employees.

To kick off National Physical Fitness and Sports Month, the PCPFS has declared Friday, April 28, 1989 as FEDERAL FITNESS DAY. Federal agency coed teams will participate in a variety of fitness events to be held during the lunch hour on the Mall athletic field adjacent to the Reflecting Pool. Awards will be given for the best teams in Fun Run and Fun Walk and for the best agency participation. For the first time, events for the physically challenged have been added. The attached flyer provides a more detailed explanation of the events planned for FEDERAL FITNESS DAY.

I would like to take this opportunity to urge you and your employees to participate in fitness activities and related programs in support of National Physical Fitness and Sports Month. Activities such as health fairs, fitness programs, health-related education seminars and sports events help to remind all of us of the importance of a healthy and productive workforce.

Further information about FEDERAL FITNESS DAY and National Physical Fitness and Sports Month can be obtained by calling the President's Council on Physical Fitness and Sports at (202) 632-5558.

Attachment

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